

CLEARINGHOUSE

The following health promotion materials on diabetes are free of charge and available in bulk quantities. To order, please complete the order form on the reverse side.

DIABETES

Massachusetts Guidelines for Adult Diabetes Care (Packet)

For health care professionals only. Guidelines summarize essential components of sound diabetes management. Includes diabetes-related resources for use in the primary care setting.

Developed by the Diabetes Guidelines Work Group and the Massachusetts Diabetes Prevention and Control Program of the Massachusetts Department of Public Health. Revised 2003/ 8-1/2"x11"/ 21 inserts/ 3-hole punch/ shrink-wrapped/ **English (#DB723) limit of 5**

Diabetes Care Card

For adults with diabetes. Wallet card helps people with diabetes to maintain records of medical tests and services, identify personal goals, and monitor progress toward reaching them.

4-panel/ folds to 2-3/4"x4-1/2"/ **English (#DB720), Spanish (#DB730), Portuguese (#DB731), Chinese (#DB737), Khmer (#DB738), Vietnamese (#DB739)**

Massachusetts Guidelines for Adult Diabetes Care Laminated Summary

For health care professionals only. Laminated wall chart highlights essential components of quality diabetes management. Revised 2003/ 8-1/2"x11"/ **English (#DB721) Limit of 10**

If You Have Diabetes, A Flu Shot Could Save Your Life

For adults with diabetes. Brochure emphasizes the importance of flu and pneumonia shots for people with diabetes. Describes flu-related complications. 5th grade literacy level. 1999-2000/ 3-3/4"x8-1/2"/ 3-fold/ **English (#DB724), Spanish (#DB728), Portuguese (#DB725)**

If You Have Diabetes, A Flu Shot Could Save Your Life (poster)

For adults with diabetes. Poster emphasizes the importance of flu shots for people with diabetes. 1998/ 18"x22"/ **English (#DB718), Spanish (#DB722)**

Sixteen Million Americans Have Diabetes, One Out of Three Does Not Know It!

For general audience. Reproducible fact sheet provides basic information on diabetes, risk factors, and common symptoms. Includes brief self-test to determine the reader's risk for diabetes. 8-1/2"x11"/ 1pp reproducible/ **English (#DB719) limit of 1**

Diabetes: Are You at Risk?

For general audience (with health care professional guidance). Brochure describes type 1 and type 2 diabetes, risks for diabetes, and its symptoms. Includes space to record blood glucose screening results and recommendations for follow-up. 1999/ 3-3/4"x8-1/2"/ 3-fold/ **English (#DB701), Haitian Creole (#DB702), Spanish (#DB703), Chinese (#DB758), Khmer (#DB759), Portuguese (#DB760), Vietnamese (#DB761)**

Diabetes Can Harm Your Vision

For adults with diabetes. Two people with diabetes encourage the reader to have an annual eye examination. Presents facts about diabetes and eye disease. Large type. 1999/ 3-3/4"x8-1/2"/

4-fold/ **English (#DB704), Haitian Creole (#DB705), Spanish (#DB706), Portuguese (#DB757)**

Diabetes and Your Feet

For adults with diabetes. Brochure provides information about foot injuries that can be caused by diabetes. Describes symptoms and provides instructions for preventive foot care.

1999/ 3-3/4"x8-1/2"/ 3-fold/ **English (#DB707), Haitian Creole (#DB708), Spanish (#DB709), Portuguese (#DB756)**

Know Your Blood Sugar Numbers...

For adults with diabetes. Emphasizes the importance of blood sugar control and describes important tests (HbA1C and finger stick blood glucose) that tell if blood sugar is at a healthy level. A checklist helps people monitor their results. 2000/ 3-3/4"x8-1/2"/ 3-fold/ **English (#DB726), Spanish (#DB727), Portuguese (#DB754), Chinese (#DB734), Khmer (#DB735), Vietnamese (#DB736)**

If You Have Diabetes, Know Your Cholesterol Numbers

For adults with diabetes. Describes the links between diabetes and cardiovascular disease, emphasizing the importance of maintaining healthy cholesterol levels. Defines numbers for healthy cholesterol levels and provides space to record cholesterol numbers. 2001/ 3-3/4"x8-1/2"/ 3-fold/ **English (#DB750), Spanish (#DB751), Portuguese (#DB755)**

Easy Eating for Busy People

For adults with diabetes. Emphasizes the importance of a balanced diet in diabetes management. Describes food groups using examples and demonstrates how to balance a meal. Includes sample daily menu and additional tips for diabetes control. Spanish version includes culturally appropriate photos and foods. 2002/ 3-3/4"x8-1/2"/ 4-fold/ **English (#DB752), Spanish (#DB753)**

Take Charge of Your Diabetes

For adults with diabetes. Comprehensive handbook suggests ways to work with a health care team to prevent diabetes-related health problems. Emphasizes the importance of maintaining normal blood glucose levels, and offers resource information. Spiral bound, soft cover, with tabs for easy reference. 2nd edition: 1997/ 8"x10"/ 129 pp/ **English (#DB712) limit of 1**

Diabetes Fact Sheets

For adults with diabetes. This set of four bilingual fact sheets shares information and resources on diabetes management, blood sugar levels, and HbA1C screening. 8-1/2" x 11"/ 5 sheets/ reproducible/ **English/Spanish (#DB729) limit of 1 set**

Diabetes in the Elderly: A Workshop for Senior Service Providers

For health care professionals only. Six-hour curriculum covers medical aspects of diabetes, role of physical activity, medical nutrition therapy, psychosocial factors. 1996/ 8-1/2"x11"/ 41 pp/ **English (#DB711)**

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MASSACHUSETTS HEALTH PROMOTION

CLEARINGHOUSE

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